



WHAT THE HEALTH

Making UC Riverside a Healthy Place to Study, Work & Live



UPCOMING EVENTS

10th Annual UC Walks
Wednesday, May 8
11 a.m. – 1 p.m.
@ UCR Outdoor Track

Health Professions
School Information Day Fair
If you're thinking of a career
in the health field,
then this event is perfect for you!

Thursday, April 18
11 a.m. @ HUB 302

Student Recovery and Sobriety Meetings
Find fellowship and support
from those on a similar path.
A safe and confidential space.
Wednesday, April 17th
3 p.m. - 4 p.m. @ HUB 269

Bus 145 Hand in Hand with Healthy Campus

by Sandra Martínez

Last winter quarter, 85 business students had one assignment: learn about teamwork. They spent the quarter experiencing the advantages and disadvantages of working in teams as they examined initiatives led by UC Riverside's Healthy Campus. Winter quarter served as a pilot, but the partnership between his class and Healthy Campus proved a success, Kyle Ingram, an assistant professor of teaching in management with UCR's School of Business said.

Students took ownership of their respective projects because it involved the campus' health and well-being. Before spring break, the 85 students presented their project results over a two-day period to Healthy Campus committee members, classmates, and other special guests. Students discussed what they learned through this process, research methods implemented, and also delivered a full report to Healthy Campus committees. "This is a great example of how Healthy Campus can integrate an academic component and make it an experience that allows us to make a greater impact on campus," said Julie Chobdee, wellness program coordinator and Healthy Campus co-chair.

Read more: bit.ly/ucr-healthy-business

Sobriety and Recovery

by Marisol Reyes



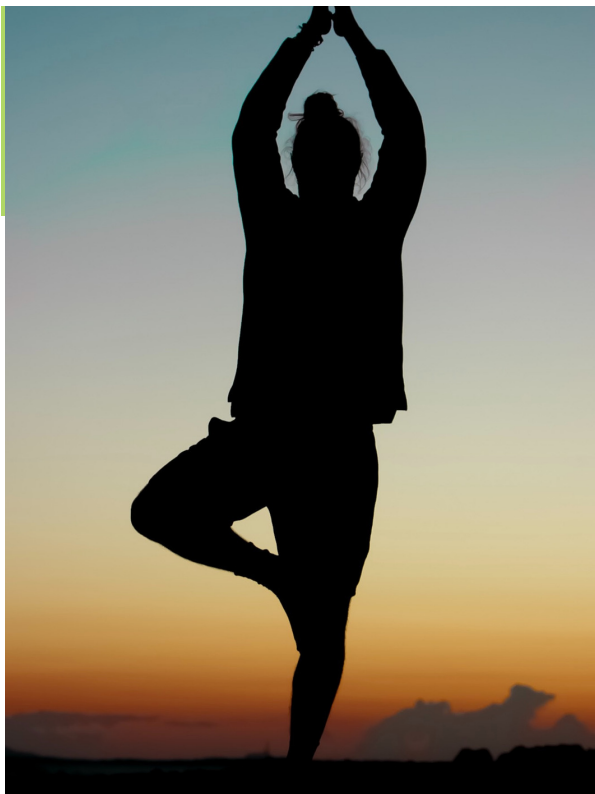
In fall quarter 2018, the Substance Use and Addiction subcommittee partnered with Golden ARCHES, an affiliate of The Well's Peer Health Education, to launch an alcohol-and-other-drugs-related sobriety campaign. Their campaign aims to shift the narrative towards building a campus community with sober activities, while still being able to have a good time.

Posters and electronic materials were created that highlight movie nights, outdoor adventures, getting involved in community service, and other sober pastimes, as well as providing social norm data.

Based on UCR data from Alcohol EDU in 2017, the majority of incoming UCR students are ready to, thinking about, or currently drinking alcohol in a healthier and safer way.

As part of the evaluation of the campaign, Golden ARCHES peer educators were certified and trained to conduct surveys and assist in focus groups. A total of 119 surveys were collected and 3 focus groups were facilitated. This data will be used to guide future campaigns and sobriety efforts.

Remember to nurture your UCR Heart with Sober Pastimes!



Fit Kit: Fitness on the Go

by Omar Ketana

UCR's Recreation Center offers many health and fitness classes throughout the year. However, for many staff and faculty here at UCR, time constraints can make these difficult to attend.

The introduction of the new FitKit hopes to bridge that fitness gap for many UCR staff and faculty. Designed to provide an opportunity for faculty and staff to exercise during their lunch or breaks, the FitKit helps them to stay active, healthy, and awake during the workday. A free demonstration is also offered to learn how to use the items included in the kit.

Each FitKit includes: a yoga mat, foam roller, exercise tubing and bands, stretch strap, massage peanut, and an exercise booklet.

To request a FitKit, contact Workstrong Coordinator Ed Marchall by email at: edward.marchall@ucr.edu. To schedule a demonstration, please email Jescelyn Villareal at: jescelyn.villareal@ucr.edu.



Mental Health: UCR CAPS

by Omar Ketana

Mental health can often be overlooked, but fortunately for UCR students, staff, and faculty, our campus offers many resources to cater to mental health needs.

UC Riverside's Counseling and Psychological Services (CAPS) is dedicated to creating a positive, healthy atmosphere for our undergraduate and graduate student populations, working hand-in-hand with students to provide access to mental health resources that support and promote their academic, career, personal and social development. A wide variety of services are offered based on students' needs and can be viewed and accessed on the CAPS website.



UCR Health and Counseling Center

A Counselor On Duty (COD) is also available at Counseling and Psychological Services, by phone or in-person, on weekdays from 8:30 a.m. to 4:30 p.m.

Mental health therapists are available for crisis counseling and consultation at 951-827-5531 (951-UCR-TALK, or 2-TALK from campus phones), 24 hours daily.

Visit the CAPS website to learn more: counseling.ucr.edu

UC Walks 10th Anniversary

by Omar Ketana



UC Walks is a systemwide event that was established to promote an active lifestyle among UCR faculty, staff and students. Lace up your sneakers and join us on May 8, as we celebrate the 10th anniversary of the annual walk.

For those that walk at least ten laps, special prizes will be given. UCR Chancellor Kim A. Wilcox will help to kick off the event alongside Vice Chancellor Dr. Brian Haynes.



Come enjoy the fun activities, socializing with colleagues, fresh air, the UCR mascot race (Scotty Highlander vs. Scotty Highlander), and free t-shirts (while supplies last).

Register at: <https://bit.ly/2VrCc9Y>

Date: Wednesday, May 8

Time: 11 a.m. - 1 p.m.

Location: UCR Outdoor Track